



Mental Health
Ireland

Annual Report 2025

Educating, Empowering and Connecting Communities



"There is no power
for change greater
than a community
discovering what it
cares about."

Margaret J. Wheatley



Educating, Empowering and Connecting Communities





Annual Report 2025



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Connecting Communities

www.mentalhealthireland.ie

*Our Vision
is for an Ireland
where mental health
is understood,
valued and supported
as an essential part
of everyone's health.*



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Chairperson's Address

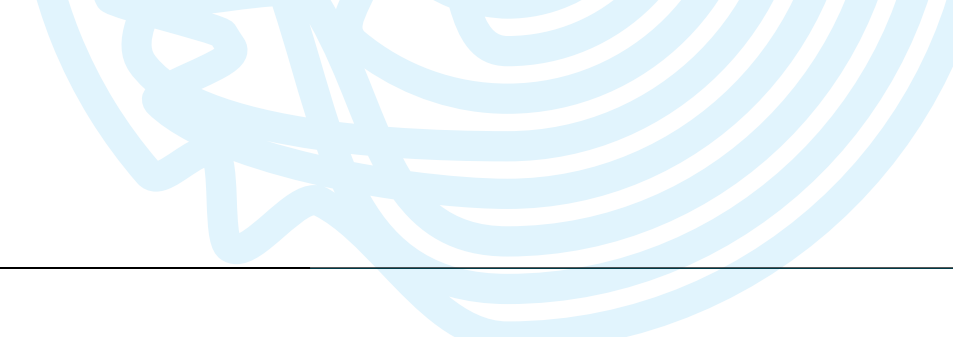
Hugh Kane, Chairperson



2025 saw lots of change on the Board of Mental Health Ireland with five new directors joining the team. Collectively, they bring a wealth of diverse experience and have already made a significant impact. You will see more details about each of the Board members and the unique expertise they bring to their role later in this publication.

After many years of service, we were sorry to say goodbye to a longstanding board member, Eilish Kerrisk. I'd like to take this opportunity to thank her most sincerely for her contribution to the Board of Mental Health Ireland. The Board continues to include two subcommittees, Governance and Finance. These two subcommittees ensured that we were able to keep on top of all the various aspects of policy, risk management and financial oversight that is required of any Board of Directors.

The Board's primary focus is on ensuring overall governance and compliance and in particular focusing on Mental Health Ireland's strategic plan and its delivery. This is done through the continuous dedication of the Board and staff within Mental Health Ireland. Mental Health Ireland is a very people centred organisation with a culture of compassion and encouragement. This culture shines through all the work carried out by all the staff throughout the year.



Mental Health Ireland is an organisation of many parts, and I want to commend the work of each of those parts; the Programmes team, the Development Officer team, the Operations team, the Finance team, the Communications team and the Placed Services team that includes staff working in the recovery education sector. I am deeply grateful to our managers and staff without whom we simply could not operate. I want to thank the HSE for their ongoing funding, support and partnership with Mental Health Ireland. I want to thank the individuals and partner organisations who supported our work throughout the year by fundraising on our behalf. I am always humbled to see the depth of compassion and passion that people have for the work of Mental Health Ireland. We would not be able to do the work that we do without this support.

The Mental Health Ireland Board of Management need to be thanked for working with me in ensuring the provision of good governance of Mental Health Ireland.

Finally, I want to thank Dr. Lisa Cuthbert, CEO of Mental Health Ireland for her leadership and guidance, her passion and dedication are commendable. Her support of staff, clients and the Board of Management allowed Mental Health Ireland to continue to provide the high quality high standard service that is and has been delivered to date.

Hugh Kane

Chairperson, Board of Directors

Mental Health Ireland

CEO's Message



Dr. Lisa Cuthbert, CEO

Mental Health Ireland is a charity whose work is embedded in the community. We work within local communities and encourage connections within communities to make a difference and to widen knowledge about mental health. We don't do this work alone and we have a long history of working in partnership with other groups and organisations to widen our impact and our reach as a small charity. As an organisation, we have embraced our changing culture, and our imperfections as part of our journey and part of our ongoing growth and development.

When I look back on the past year, I can see how far we have come as an organisation in a relatively short time. It was a year of continued growth and change for Mental Health Ireland and one where we had the opportunity to increase our connections within the community that we work within. We managed to further develop our roots and our core work, whilst also spreading our wings. 2025 was a year of hellos, as we welcomed new staff, and some goodbyes.

2025 saw us launch our coproduced three-year strategic plan *Mental Health Ireland, Educating, Empowering and Connecting Communities, 2025-2027*. The launch of the plan provided us with an opportunity to celebrate the work that we had done in 2024 to get us to this point. It also gave us

an opportunity to connect with our partners, funders, member organisations, volunteers and colleagues. As a charity, we were fortunate to have the strategy launched by Minister Jerry Buttimer, Minister of State for Rural and Community Development, Charities and Transport.

The event was a joyful celebration and enabled us to connect with our member organisations, affiliates, partners, volunteers and staff. The day gave us an opportunity to explore the various aspects of what we do as a charity and how we empower, educate, create, connect and celebrate the diversity in mental health. It was a wonderful day, and everyone worked hard to ensure that it was a day to remember.

The Strategic Plan has three key pillars, educating, empowering and connecting communities. As we look at our work through the strategic pillars, we can begin to see the detail in what we do and the importance of communicating our work simply and effectively. The 2025 Annual Report will show how we implemented our new strategy throughout the year and how we worked collaboratively with our members and teams to ensure that we are promoting mental health, developing education and training modules that work to destigmatise mental health as well as to support people in managing our mental health and working to prevent escalation when we are experiencing mental health challenges.

On a personal level, 2025 was a year when my own lived experience as a family member came to the fore once again. Whilst this was a challenging year for me, it was empowering to see the positive work that we do in Mental Health Ireland. It was an important reminder of the difficulties that can come when a family member is struggling and the need for all of



us to be able to hold hope when it isn't always visible. We use the words lived experience widely in the mental health sector. Some of us choose to define our work and lives through that lens and some of us choose not to do so. Lived experience is not homogeneous and my experience will not be the same as yours and vice versa and that is ok. The dichotomy of all our experiences is what brings colour and depth to our work in Mental Health Ireland.

At Mental Health Ireland, we know that recovery is a process, not an event. We know that it is not linear or tied to any specific timeframe; it is about progression, not perfection, and everyone's journey is different. As the largest voluntary sector employer of people with lived experience of accessing adult mental health services, we understand the importance of employment in the recovery journey and the protection that it affords to all our mental health.

With this knowledge comes the responsibility of ensuring that we are offering the best supports and structures for all our staff, including the staff that have lived experience and are working in what we now call placed roles within the recovery education sector. This meant that in 2025, we began reviewing the hybrid model of operating recovery education services in Mental Health Ireland in partnership with the HSE. We started making changes in these structures in Mental Health Ireland in 2025 as part of our ongoing change management process.

2025 saw us recruit an additional five new volunteers as Board Directors onto the Board of Directors of Mental Health Ireland. We recruited from a wide pool of applicants and are delighted with the additional voices, skills and experience of the new Board members.

They have added even further to the depth and knowledge of our Board who ensure that we function as a charity and that we continue to meet the standards of good governance that all charities should not just strive for but attain.

I want to say thanks to all the people that have worked so hard through the course of 2025 to achieve all our goals for the year. I am very fortunate as CEO to have the support of a group of incredibly talented, smart, passionate and creative people in the Executive Management Team. They have worked tirelessly through a period of change and have grown and developed through that change into a cohesive, highly articulate team of leaders, who in turn inspire passion and commitment within their own teams.

Finally, I want to thank our wider team, our funders, the HSE, our fundraisers, our corporate partners for their continued support and commitment to Mental Health Ireland. I want to thank our Chairperson Hugh Kane for his leadership and willingness to share the depth of his experience with me and to thank the rest of the Board for their commitment to Mental Health Ireland and for their tireless work in ensuring that we are well governed.

Dr Lisa Cuthbert

Chief Executive Officer

Mental Health Ireland

2025 in numbers



289

people attended our
'Mental Health Month'
webinar series



24,633

mental health
booklets and
leaflets distributed



181

mental health training
sessions delivered in the
workplace and community



291

'Hello, How Are You?'
registered events



47
776

'Connect Cafés' held
attendees



20

'Woodlands for Health'
programmes across
15 counties



410

participants in
the 'Woodlands
for Health'
programmes

About Mental Health Ireland

Who We Are

Established in 1966, Mental Health Ireland (MHI) is the longest established national mental health charity in Ireland. MHI is a leading organisation dedicated to promoting mental health and wellbeing and to supporting people with mental health challenges in their recovery journey. **MHI educates, empowers and connects communities** by delivering evidence-based education and training, campaigns and projects, and resources. We work collaboratively in coproduction and by influencing public policy and practice to foster a more inclusive and supportive society.



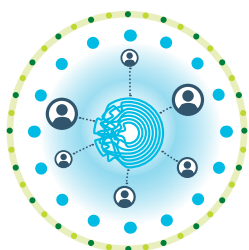
EDUCATING

- We create and distribute resources on mental health, wellbeing and recovery topics such as Stress, Anxiety, Menopause and Family Recovery.
- We provide training that empowers people, communities and workplace organisations to prioritise mental health and wellbeing in meaningful ways.



EMPOWERING

- We deliver national campaigns and projects that support mental health promotion and provide information and resources that empower communities
- We work with the HSE to deliver recovery education, which includes courses that empower individuals to manage their mental health and wellbeing and foster personal recovery.



CONNECTING COMMUNITIES

- We have a team of Development Officers linking with a regional network of member organisations that deliver mental health and wellbeing campaigns and initiatives at grassroots level.
- We are an organisation that values partnerships and working in collaboration with a wide community to innovate, foster connections and provide support locally.



Mission, Vision and Values

MISSION

Our Mission is to educate, empower, and connect communities, creating a culture where everyone is treated with respect and supported, especially when our mental health is challenged.

VISION

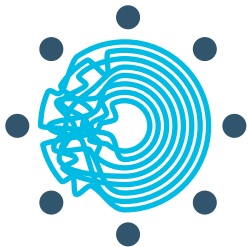
Our Vision is for an Ireland where mental health is understood, valued and supported as an essential part of everyone's health.

VALUES

- 1. Collaboration:** We recognise the value of working collaboratively and in coproduction to foster connection with and between all communities.
- 2. Integrity:** We are true to our word and put our words into action for the best outcomes for all.
- 3. Innovation:** We are courageous in our innovation and always hold space to learn and grow.
- 4. Empowerment:** We celebrate and recognise the potential of people to support themselves, hold hope and to thrive.

How We Work

OUR BOARD



Mental Health Ireland is governed by a Board of Directors who all operate in a voluntary capacity and are not paid for their time. The Board is responsible for the governance of the organisation and ensuring that the new strategic plan is fully implemented. Board member selection and recruitment is conducted to ensure that Board members are independent, capable, diverse, and skilled individuals that oversee the strategic direction of the organisation.

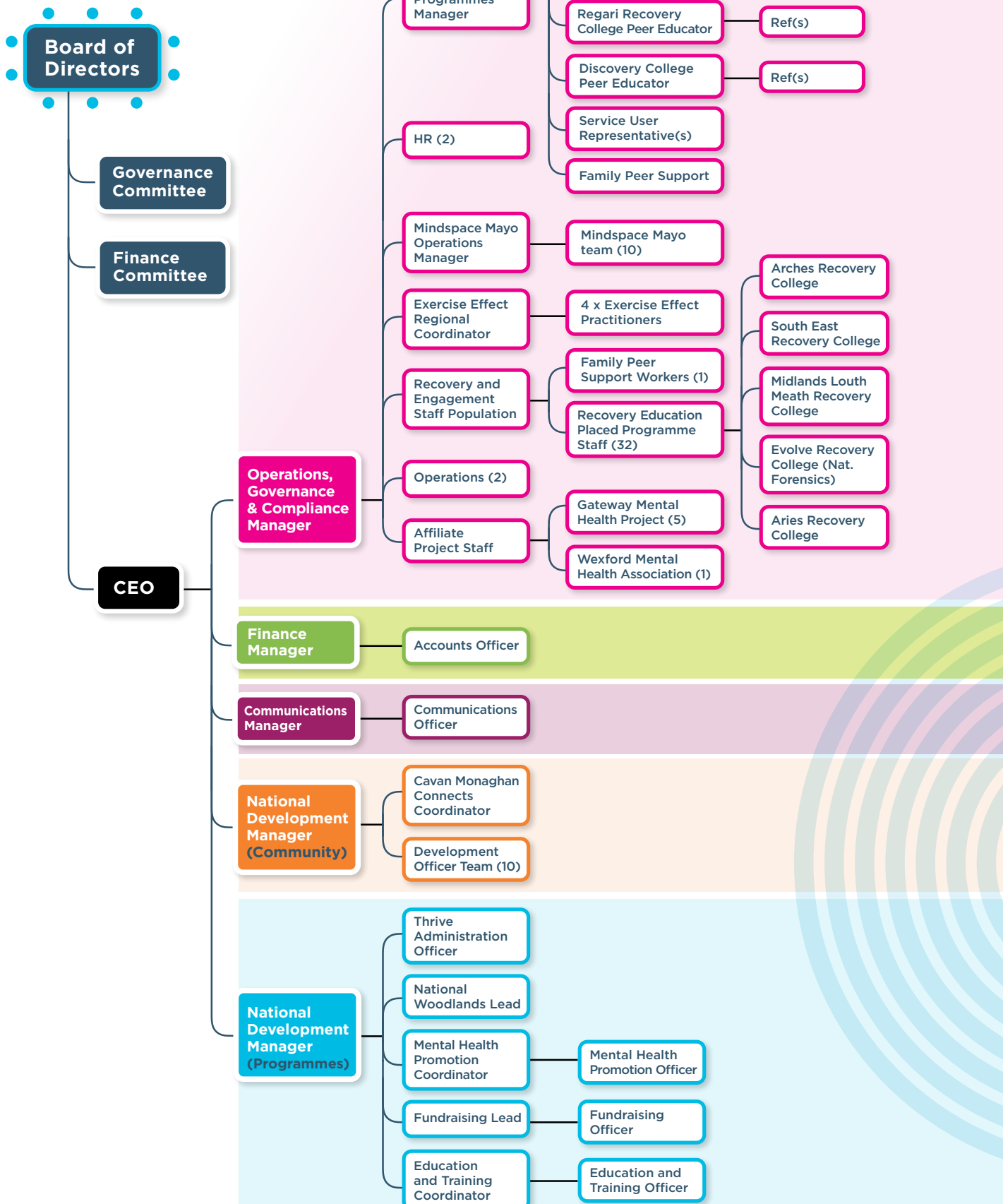
OUR TEAM

Our team consists of talented, multi-skilled people dedicated to their work in Mental Health Ireland. Our team is structured into five areas who all work together to ensure that we can offer the best range of programmes and services to people who need them.

- Our **PROGRAMMES TEAM** is led by the National Development Manager for Programmes and includes our Mental Health Promotion team, our Education and Training team and our Fundraising and Corporate Engagement team.
- Our **OPERATIONS TEAM** is led by our Operations, Governance and Compliance Manager and includes our Regional Placed Services team, our HR, Recruitment and Policy team, our Garda Vetting and Administration team.
- Our **FINANCE TEAM** is led by our Finance Manager and includes our Accounts Officer.
- Our **COMMUNICATIONS TEAM** is led by our Communications Manager and includes our Communications Officer.
- Our **DEVELOPMENT OFFICER TEAM** is led by our National Development Manager with responsibility for the community and includes our national team of Development Officers.



ORGANISATIONAL CHART



The work of each team is critical to our success as an organisation and involves us in:

- Coproducing and developing educational outputs and materials
- Delivering mental health, wellbeing and recovery awareness raising initiatives and training in partnership with statutory and voluntary organisations.
- Delivering mental health promotion campaigns and Mental Health Ireland Educational outputs.
- Providing guidance and support to the Mental Health Associations in the delivery of local and national initiatives and in the coproduction of strategies and activities.
- Supporting Mental Health Ireland and our partners in the coproduction and delivery of national projects and initiatives such as 'Hello, How Are You?', Woodlands for Health, Thrive and Mental Health Month.
- Working with the Regional Officers for Suicide Prevention and supporting the delivery of accredited training programmes.
- Actively supporting HSE's Office of Mental Health Engagement & Recovery through their work with Recovery Colleges and Recovery Education services across the country.



RECOVERY

Mental Health Ireland is a recovery-focused organisation.

We believe that not only is recovery possible, but it should be expected, and all our work is undertaken in alignment with the recovery principles of **Connectedness, Hope, Identity, Meaning, and Empowerment**. (CHIME). We are the leading employer of people with lived experience of mental health challenges nationally.

Our work in the recovery field goes wider than recovery education. Additionally, we employ people in other recovery-oriented roles that operate under specific funding arrangements with HSE Mental Health Services. These include **Family Peer Support, Galway Solace Café, Exercise Effect, Vista Research, and Community Health and Wellbeing**.

Through these funding arrangements and our ongoing partnership with the HSE, our employees occupy an abundance of roles on behalf of local Mental Health Services, including service coordinators, support workers, relief support workers, administrative support workers, research contributors, service user representatives and peer connectors, across a broad range of recovery orientated initiatives in Regional Health Areas.

Our commitment to working in partnership to realise recovery-oriented objectives together with the HSE has been critical to the effective roll-out of these services nationally. Mental Health Ireland, through this strategy, will continue to strengthen, empower, educate and connect communities by continuing with our recovery focused work.

Connecting Communities



The theme of our work in 2025 was 'Connecting Communities', based on the key priority in our current three-year Strategic Plan, ***Mental Health Ireland, Educating, Empowering and Connecting Communities, 2025-2027.***

In Mental Health Ireland we work to connect communities **nationally** – through our national mental health promotion campaigns, **regionally** – through the work of our education, training, mental health promotion and development Officer teams, and **locally** – through our member organisations and the work of our Development Officers.

This Annual Report highlights examples of some of the work that we undertook in 2025 where we worked collaboratively to connect with communities and to support communities in connecting with each other.



AFFILIATE PARTNERSHIPS

As an organisation that values partnerships and working in collaboration to innovate and provide support locally, we collaborate with and support partner organisations across Ireland. Through the provision of staff and governance support we work actively with:

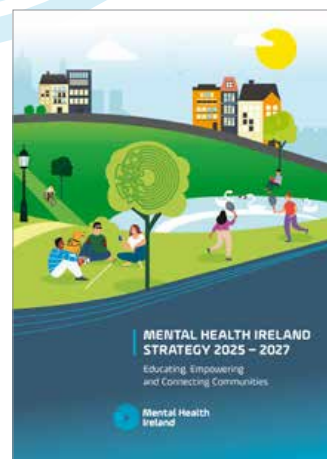
- Mindspace Mayo
- Galway Solace Café
- Gateway Mental Health Project
- Wexford Mental Health Association
- Cavan Monaghan Connects
- Thrive
- Recovery Education
- Family Peer Support
- The Exercise Effect Programme



OUR STRATEGY LAUNCH

We had a wonderful launch of our new three-year strategy, *Educating, Empowering and Connecting Communities, 2025-2027* in March 2025. The launch event included a panel discussion ably chaired by Jo Donohoe, our National Development Manager for Programmes and included Joe McKenna, Chairperson of Thrive Balbriggan, Conor Wynne, MHI Fundraiser, Dr Kathy Fulcher, Special Olympics Ireland and Ann Phelan, Kildare Mental Health Association.

Ciara Glynn shared her lived experience with us as our keynote speaker. Our workshops included music, our education and training team, drumming and a presentation on our annual 'Hello, How Are You?' campaign. We had a wonderful sharing space that demonstrated the work undertaken by our member organisations and affiliates. It was a day to celebrate and to educate, empower and to connect the Mental Health Ireland community.





Our Campaigns



HELLO, HOW ARE YOU?



‘Hello, How Are You?’ is our national mental health promotion campaign about connection and engaging in open conversations about mental health. 2025 was our fourth year running this very successful campaign and saw us reach more people than in previous years. The growth in this campaign is evidence of the importance of encouraging connecting conversations and reducing the stigma about mental health at the same time.

It takes place every year on **May 15th**. The campaign asks people, communities, workplaces, friends & family to say ‘Hello’ and ask the question ‘How Are You?’ in a meaningful way. The Hello campaign provides multilingual resources, merchandise and training in the workplace and community, with a campaign toolkit freely available in 15 different languages.



Participating campaign partners included:

- Irish Rail
- Emerald Park
- Libraries
- Family Resource Centres
- Lions Clubs
- Crown Paints



In 2025 'Hello, How Are You?' was delivered in **26 counties**

In 2025, there were a wide variety of **Hello, How Are You?** events rolled out, including;

- outside broadcasts
- radio interviews
- coffee mornings
- public events
- choir performances
- sports events
- information stands
- awareness days
- social media campaigns
- workshops & seminars with guest speakers
- wellbeing walks/runs
- road sign campaigns

In 2025, we were present in Heuston and Connolly Stations, as well as Cork, Waterford and Limerick train stations on the day with the support of our staff, Mental Health Associations and volunteers, and were able to reach a large number of people through these locations.





Some statistics from our 2025 Campaign:



291 **EVENTS** on Hello, How Are You? Day (in all 26 counties)



193 **PEOPLE** attended the free Hello, How Are You? Training Sessions



62 **PEOPLE** attended Hello, How Are You? Information Sessions



46 **VOLUNTEERS** supported us at Hello, How Are You? Day events



The campaign offered valuable skills for life about how to say 'hello', listen, learn, offer support and signposting through our 'Hello' Training. The campaign offered:

- Opportunities for connection
- Improving awareness and understanding of mental health
- A greater sense of community
- Growing people's confidence in holding a mental health conversation

We distributed:

50k **BOOKMARKS**



30k **CONVERSATION CARDS**



538 **T-SHIRTS**





MENTAL HEALTH MONTH

In Mental Health Ireland, Mental Health Month takes place throughout October as **October 10th marks World Mental Health Day**.

October is one of our busiest months of the year as our regional work comes to life and we support a huge amount of work locally. Throughout the month, we make mental health and wellbeing a national priority with a wide programme of events, activities and workshops.

In 2025, the theme was **Community**, reflecting the fundamental role that connection, belonging and supportive relationships play in helping people thrive.

A wide range of events, activities and workshops were delivered nationwide.



We set up a **webinar series** which was offered for free to the general public. These webinars aimed to equip people with insights and practical tips to support our mental health and wellbeing as we approach the winter months, by increasing awareness and promoting the **Five Ways to Wellbeing** framework. The series also included four collaborative webinars including:

- **Baxter Storey** 'Food for Mood & Mental Health'
- **Crown Paints** 'Language of Colour: Inspiring Mood & Wellbeing'
- **The Men's Shed Association** 'Mental Health: Stronger Together'
- **Family Carers Ireland** 'Caring for the Carers: Nurturing Mental Health and Wellbeing'



- **289 live participants** attended
- **500+ views on YouTube** for the recorded sessions



Choral Connections was a community music event to mark World Mental Health Day on 10th October. The event brought together four Dublin-based community choirs and aimed to educate through on-stage storytelling, empower participants by publicly celebrating strengths, and connect communities through accessible and welcoming cultural experiences.



Approximately **200 people** attended

Fionnuala Moran, a 2FM radio presenter, served as Master of Ceremonies for the evening. The Choirs who took part in the event were:

- **Rising Voices:** A Finglas-based inclusive choir for people affected by dementia and memory loss, as well as their families, friends, and carers.
- **High Hopes:** Ireland's first choir for individuals affected by homelessness.
- **Maria Lane:** A cancer-survivor community choir connected to Tallaght Cancer Support, highlighting resilience, peer support, and life beyond illness.
- **DFAT:** A Dublin-based workplace and community staff choir, reflecting Ireland's public-service spirit and global cultural engagement.



The **‘What’s On’ calendar** showcased community events, workshops, and activities organised by member organisations nationally during Mental Health Month 2025. The calendar served as a central resource for the public, making it easier for individuals and communities to identify and participate in events by providing detailed information about dates, locations, and registration details. The calendar helped increase attendance, promote local engagement, and raise awareness of mental health initiatives across the country.



It was a busy month for our regional Development Officer Team who delivered training and attended events, organised information stands and worked in collaboration with partners throughout the month to ensure Mental Health Month was marked locally.



The Mental Health Month 2025 campaign was supported by a PR and communications strategy focused on the theme 'Community'.



PR and Social Media Performance

The campaign achieved strong engagement across Instagram, Facebook and LinkedIn:

Instagram 	 173,400 VIEWS during October
	 71,000 VIEWS on Mental Health Day
	 325 LIKES
	 35 SHARES

Facebook 	 214,200 VIEWS on Mental Health Day
	 2,000 INTERACTIONS
	 over 5,000 VIEWS on the Catherina McKiernan video

LinkedIn 	 Following 622 NEW FOLLOWERS
	 1,257 INTERACTIONS



5 EMAIL NEWSLETTERS

Media Coverage



September 1 – October 30

213 ARTICLES covering Mental Health Month

125 PRINT | **85** ONLINE | **3** BROADCASTS



Our Regional & Local Work Connecting Communities

REGIONAL NETWORK MEETINGS

For the first time Mental Health Ireland developed and rolled out a series of regional meetings to provide an opportunity for us to build relations with our member organisations and their volunteers. We wanted to create an open and inclusive space for shared learning and networking and to look at how we can best support our member organisations and add value to their work locally. This has been a very productive and constructive experience as we have developed a structure for positive engagement that will support us connecting communities into the future.

These meetings were led by our CEO, National Development Manager for Communities Conor Geoghegan and our Development Officer team.



- **5 Regional Network Meetings** in 2025
- **101 participants** across the regions

Other work across the regions included the following:

'WOODLANDS FOR HEALTH' NATURE PROGRAMME

Woodlands for Health is a 12-week woodland-based guided walking programme for adults availing of mental health services and supports in Ireland. It is an accessible and sustainable way to engage with nature, as part of a toolkit for supporting mental health and wellbeing.

The national partners of Woodlands for Health are **Get Ireland Walking**, **Mental Health Ireland** and **Coillte**, and programmes are facilitated by additional programme partners through local steering groups.

An iteration of **Woodlands for Health for 'New Arrivals' to Ireland** was run as a pilot programme in Carlow in 2025 with great success.

Woodlands For Health was represented at a number of **conferences** throughout 2025, including the Irish College of GPs Trainee Conference, to knowledge share about the Woodlands for Health programme and garner interest in establishing new programmes.



WOODLANDS
FOR HEALTH



- **20 programmes** in 2025 (6 new)
- Run across **15 counties**
- **15 participants** average per programme
- **410 total participants**



CAVAN MONAGHAN CONNECTS

In 2025, **Cavan Monaghan Connects** was launched as a trusted mental health and wellbeing hub for counties Cavan and Monaghan.

Led by HSE Connecting for Life Cavan Monaghan in partnership with Mental Health Ireland, Cavan County Council, Monaghan County Council and local community and statutory partners, the initiative helped connect people with verified information on supports and services, education and training, health and wellness resources, and local news and events, making it easier for individuals, families and communities to find the right support at the right time.



**Cavan
Monaghan
Connects**

Supporting Wellness in Our Community





WELLBEING BOARDS

The **GAA Health & Wellbeing boards** is a collaboration between Mental Health Ireland, Healthy Counties, Sports & Recreation Partnership, HSE Mental Health Engagement & Recovery, HSE Resource Officers for Suicide Prevention and Wicklow Mental Health Association and GAA Health and Wellbeing Committees, and GAA Healthy Clubs.

The aim of this initiative is to:

- **Raise awareness of mental health and wellbeing supports** on the boards and a QR code will direct users to the additional HSE local 'Numbers When You Need Them' support services which will be listed on the local GAA website.
- **Promote awareness of the Five Ways to Wellbeing**, evidence-based actions that can be incorporated into everyday lives to improve wellbeing.



During 2025 Mental Health Ireland coproduced and distributed Farmer Wellbeing Boards.

The Farmer Wellbeing Boards have been designed through coproduction, to raise awareness about the key factors that can create stress for farmers and to highlight some of the signs that may indicate they are experiencing stress in their lives. The Boards and accompanying wallet-size information cards highlight things that we can do to support our wellbeing and most importantly, the Wellbeing Boards raise awareness about the practical, confidential and

non-judgmental supports available when a farmer or anyone feels they are struggling.

The Boards were developed through a collaboration with Mental Health Ireland, Teagasc and the HSE Resource Officers for Suicide Prevention for Louth/Meath and Cavan/Monaghan. They are supplied to all marts and agricultural outlets across the four counties of Cavan, Monaghan, Louth and Meath and Teagasc offices.

There is a total of **37 Farmer Wellbeing Boards** in these locations, comprising of 17 large boards and 20 smaller boards. They are put on display in prominent locations.

In 2025, there were 50 **Youth Wellbeing Boards** distributed throughout secondary schools, youth clubs and youth spaces outside schools in Cavan and Monaghan.

CONNECT CAFÉS

The Connect Cafés are about **learning new ways to look after our mental health and wellbeing**. In a Connect Café we learn that we are not the only ones who feel a certain way, and we can share ideas for what works and what we might like to try out to support our wellbeing.



47 Connect Cafés were hosted with 776 total attendees in 2025

Some highlights across the country include:

- One key highlight was a Connect Café organised by representatives from the Kildare Mental Health Association and Mental Health Ireland. The event explored the pressures associated with student life, including the challenges experienced by Traveller and Roma students, as well as concerns relating to exams, finances, the rising cost of living, and managing the demands of the Christmas period. The café provided a space for open discussions on mental health and wellbeing, allowing students to share their experiences and reflect on the challenges they face. It also encouraged students to access university mental health support services and to engage in ongoing, open conversations about mental health and wellbeing.



- Over 200 participants engaged across multiple community, education, and targeted settings across Mayo and Roscommon

At the end of 2025, a review was conducted to assess the current state and future potential of Connect Cafés. The report consolidates insights from Development Officers, historical perspectives, and key recommendations for the continued evolution of the Connect Café model.



DIPS FOR HEALTH

Mental Health Ireland launched **Dips for Health** in Galway in October 2025 which is a **free monthly supervised sea dip session** targeting the whole population.

This initiative allows for a **greater sense of belonging and in the community** for those taking part and an increased awareness of the benefits of blue spaces for health and wellbeing. It increases awareness of the benefits of cold-water immersion on mental health and emotional wellbeing and it helps reduce feelings of social isolation by fostering social connection.

It creates opportunities for individuals to explore their connection to nature and strengthen connection between individuals and their local environment.



STEERING POSITIVE MINDS

This project is a collaboration between **Ben McFall** who is a young rally driver, his family and **Mental Health Ireland**.

The project has **mental health hubs at different rally events**, sharing information and encouraging awareness of mental health. Mental Health Ireland's logo was included on Ben's rally car and Mental Health Ireland supported by attending some of the rallies and providing resources and support.



THRIVE IRELAND

Thrive is a community-led initiative focused on creating happier and healthier communities. Its core aim is to bring people, organisations, and service providers together to promote mental health and wellbeing through activities that benefit the local community.



Thrive Balbriggan continued to engage with the community and run events and campaigns in 2025. The **Thrive Project in Swords** was reignited in late 2025 and was led by Karl Spain (Development Officer). Covering the wider Fingal area, including Swords and Balbriggan, Thrive is supported by Fingal County Council, the HSE, and local community organisations. Its focus is on promoting positive mental health, reducing stigma, and bringing people and services together to strengthen community wellbeing and connection.

Highlights in 2025

- Over 1,000 people engaged in Thrive Fingal events
- Thrive Fingal ran the **'Hello, How Are You?'** campaign in the Pavilions Shopping Centre in Swords and across various locations in Balbriggan.
- 12 **Connect Cafés** fostering social connections, 6 **Wellbeing Workshops** promoting mental health and 2 week-long **Thrive Alive** programs promoting mental health and wellbeing.





Highlights in 2025

- **Great Places & Spaces Wellbeing Map** launched in Balbriggan, an inter-generational project to identify wellbeing places in the town. Illustrated by local artist Lauren Fernandes.
- Thrive Balbriggan won the **All-Ireland LAMA Award** for Best Mental Health Initiative.
- Thrive Balbriggan has a **digital reach of over 1000** Facebook and Instagram followers
- Thrive Balbriggan was nominated for Pride of Place 2025 Award in Health & Wellbeing category.



Highlights in 2025

- Thrive Swords held an information stand at the **RIFE (Recovery Is For Everyone) event** at River Valley parkrun in Swords, with over 600 attendees.
- Thrive Swords has a **digital reach of 600+** Facebook and Instagram followers



Thrive Connemara is a community-led and needs-led initiative which brings together groups, organisations and the people of Connemara & Islands.

Key Achievements in 2025

- **17 'Hello, How Are You?' registered events across Galway City & County**
- **7 Irish-language events**
- **Hundreds of participants from diverse backgrounds**
- **Expanded presence of Thrive Connemara through steering committee and ten events**
- **Training and information sessions boosted confidence in having mental health conversations.**



- **Widespread media coverage via Galway Bay FM, Connemara Radio, TG4, and RnaG.**
- **Increased Irish-language participation and promotion of Thrive Connemara.**
- **Inclusion of international protection accommodation services.**

OTHER HIGHLIGHTS

Féile an Chroí

Féile an Chroí, a one-day festival celebrating mental health, wellbeing, and recovery, was delivered through a collaborative partnership involving the Gateway Mental Health Project, EVE Cairdeas Clubhouse, ARCHES Recovery College, The Recovery Village, Mental Health Ireland, HSE Mental Health Engagement, HSE Health and Wellbeing, and DLR Social Prescribing, with additional support from Dún Laoghaire-Rathdown County Council and Dublin City Council. The festival took place on Saturday, 30 August 2025, at Crinken Church in Shankill, Co Dublin.

The festival attracted more than 300 attendees and featured over 25 events. Activities included singing and drumming workshops, presentations from recovery centres across South Dublin, information sessions on programmes currently being delivered, and opportunities for attendees to learn about the range of mental health and recovery services available within the community.



This was a fantastic example of how collaboration can strengthen genuine connections between services, individuals, and communities while supporting personal growth and wellbeing journeys.



300+ Attendees
25+ Events

Food for Mood

Food for Mood is a collaborative initiative involving Mental Health Ireland, the Health Service Executive, and the Donegal Local Development Company. Delivered over four sessions, the programme explores the relationship between nutrition and mental wellbeing. Through the use of mood diaries, participants developed a greater awareness of their eating habits and were supported to make healthier lifestyle choices. Across two programme deliveries, participants reported making positive dietary changes, with many also influencing healthier eating habits within their families.



Minipods

Mental Health Ireland led the development and delivery of evidence-based, 90-second weekday **'Minipod'** broadcasts on regional radio stations, including Shannonside FM and Midwest Radio. These broadcasts were designed to educate, empower, connect, and inspire communities, while extending the reach of mental health promotion to rural and non-digital audiences.

The **'Minipods'** provide concise, evidence-informed content on mental health and wellbeing, aimed at enhancing public mental health literacy, reducing stigma, and supporting everyday wellbeing. Content is aligned with the **Five Ways to Wellbeing** framework and seasonal themes, and is distributed weekly across both regional radio networks.

Mental health awareness messages delivered through regional radio reached an estimated 75,000 daily listeners in Mayo via Midwest Radio, alongside more than 140,000 weekly listeners across the Shannonside/Northern Sound network, according to JNLR figures. Weekly broadcast schedules were maintained across both regional stations, ensuring consistent and ongoing community engagement.



75,000 estimated Listeners
in Mayo

140,000+ Weekly Listeners
across the Shannonside

105+ Radio Minipods scripted,
recorded and delivered

Training and Education Programmes

Our Training and Education programmes were in demand in 2025.

Following a comprehensive review of the Education and Training programmes, a process of adapting existing materials and co-producing new content led to the development and launch of the following core workshops and talk:

Connect to the Five Ways to Wellbeing Talk/Webinar

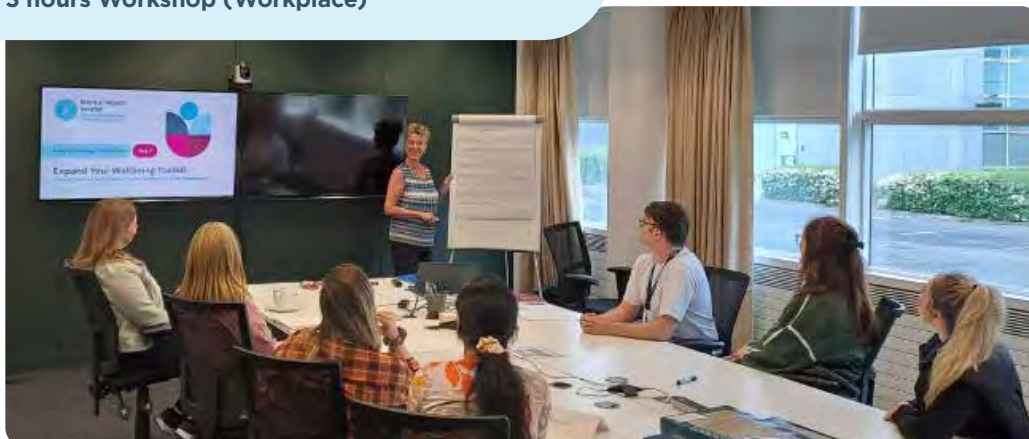
45 mins - 1hr (Community & Workplace)

Engage with Mental Health

90 mins Workshop (Community & Workplace)

Expand your Wellbeing Toolkit

3 hours Workshop (Workplace)





The coproduction of a much-needed **Workplace Managers Workshop** was completed by the end of 2025, and the pilot arranged to be delivered in early 2026. After delivery of the pilot, it will be fully evaluated and it is expected to be launched by Q2, 2026.

Talking About What Matters – Navigating Meaningful Conversations about Mental Health

1 day Workshop (Workplace)

These **partnership programmes** were originally developed through a co-production process and continue to be delivered and evaluated on an ongoing basis. Annual reviews ensure that programme content remains current, evidence-informed, and fully relevant to the needs of participants.

Mental Health & Family Caring Programme

5 weekly 2 hour sessions (Community)

Stronger Minds, Happier Lives Programmes

5 weekly 2 hour sessions in partnership with Special Olympics Ireland

Building Sheddars Wellbeing

2 hour workshop in partnership with Irish Men's Sheds Association as part of their 'Sheds for Life Programme'



CAMPAIGN TRAINING

Hello, How Are You? – April and May

The **Hello, How Are You?** public workshop was redesigned and updated, with the revised programme.

Mental Health Month – October

Eight webinars were designed and delivered throughout October as part of Mental Health Month activities.

Connectmas – December

As part of the Connectmas initiative, three Coping at Christmas webinars were designed, developed, and delivered. These sessions were attended by a total of 90 participants.



30 Workplace Training sessions were delivered in 2025

INTERNAL TRAINING

Following the identification of training needs, the QQI Level 6 **Train the Trainer** qualification was completed by staff who had not previously attained the award. This included five Development Officers, along with additional relevant staff members, bringing the total number of staff who successfully completed the qualification to eight.

NEW PROGRAMME

Taking Action for Whole Health and Wellbeing

Taking Action for Whole Health and Wellbeing is a new programme that Mental Health Ireland will begin delivering from 2026, replacing the previous **WRAP** programme. To prepare for its implementation, relevant staff first participated in and experienced the **two-day core programme**, before progressing to the **five-day Co-Facilitator training programme**. This training has equipped staff to deliver the programme from 2026 onwards.

TONY LEAHY BURSARY

Eight Bursaries were awarded to DCU students for **Certificate in Peer Support Working in Mental Health** (Level 8).

HSE TRAINING

A total of 25 HSE training sessions, including **safeTALK** and **Understanding Self-Harm**, were delivered within community settings, reaching 319 participants.

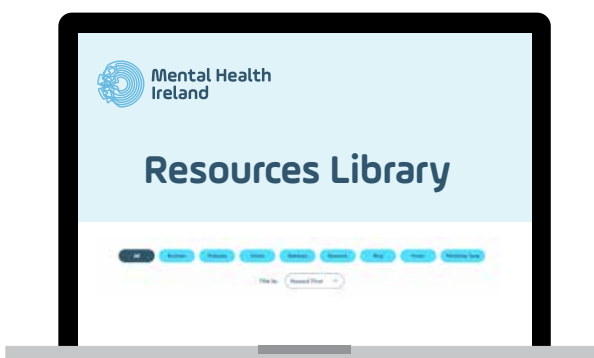
In addition, a **Family Workshop** was delivered in partnership with Family Carers Ireland, HSE Family Peer Support Workers, and the Recovery College Southeast. The programme supports family members in developing the knowledge and skills needed to maintain their own wellbeing while caring for and supporting someone experiencing mental health challenges.

LITERATURE

In 2025, we coproduced and distributed resources on mental health and wellbeing topics such as Anxiety, Recovery, Menopause and Stress.



Anxiety booklet	4283
Five Ways to Wellbeing bookmark	3848
Five Ways to Wellbeing booklet	3660
Menopause and Mental Health	4962
MH & Family Caring: Supporting the Supporters	916
Recovery booklet	2924
Stress booklet	4040



We launched our new-look website www.mentalhealthireland.ie with a new Resource Library to make literature, videos, podcasts and other resources more accessible and free to download and share.

Fundraising and Corporate Engagement



RUNNING FOR MENTAL HEALTH IRELAND



Individual fundraisers also made an important contribution throughout the year. **Conor Wynne**, an athlete and coach, began fundraising for Mental Health Ireland as part of his **Marathon Des Sables** challenge, a 250km ultra-marathon across the Sahara Desert. Fundraiser and endurance athlete **Basil McLeod** also supported Mental Health Ireland by running **four marathons across four counties over five days**. Their efforts reflected the commitment, generosity and personal connection that many supporters bring to fundraising for mental health.

The **Dublin City Marathon** delivered a strong result, with 10 charity place runners and 10 own-place runners raising essential funds for us.





MOVE IT FOR MENTAL HEALTH

Substantial work was undertaken in the second half of the year and we focused on building a broader and more sustainable base of support for Mental Health Ireland. A new pilot campaign, **Move It for Mental Health Month**, invited workplaces, schools, clubs, gyms and individuals to take part in movement-based fundraising during October. The pilot provided valuable learning for future campaign development, particularly around supporter journeys, workplace engagement and timing.



Blanchardstown Centre also welcomed Mental Health Ireland back for a fourth year of **Donate for Discounts**, a two-day in-centre fundraiser delivered with staff and 28 volunteers from Fingal Volunteer Centre, with participating retailers offering discounts to wristband holders.

During the year, Mental Health Ireland continued to benefit from valued corporate relationships, including the final year of successful partnerships with **Emerald Park** and **Savills**, and received a substantial donation from Cubematch in December.



The Connectmas campaign is a festive, hopeful way to support your mental wellbeing while backing the vital work of Mental Health Ireland across the country through donations and fundraising. Our free December webinars and resources offered practical tips and supportive strategies to help you mind your mental health during the festive season.



Member Organisations and Affiliates

Much of our 2025 work centered on strengthening relationships with Member Organisations and Affiliates. This included creating and launching a comprehensive needs assessment for anyone interested in establishing a Mental Health Association locally. The tool proved invaluable for identifying both local needs and feasible actions.

The support we provide our Member Organisations includes assistance from our Development Officers, Garda vetting for volunteers, guidance from EMT members, and other administrative support when needed. In 2025, we collaborated with 30 Mental Health Associations and their volunteers. These MHAs vary in size; some also provide housing, while others focus on mental health promotion activities delivered by volunteers alone or by a combination of volunteers and staff.

As an organisation that values partnerships and working in collaboration to innovate and provide support locally, we collaborate with and support partner organisations across Ireland, including:

- **Mindspace Mayo**
- **Gateway Mental Health Project**
- **Wexford Mental Health Association**
- **Cavan Monaghan Connects**

We also support other projects operated by HSE Mental Health Services under specific funding arrangements.



Collaboration with
30 Mental Health Associations and their volunteers in 2025







Governance and Financial Statements

GOVERNANCE AND ACCOUNTABILITY

Charity Regulation

Mental Health Ireland is a not-for-profit registered charity operating as a company limited by guarantee. Our registered charity number is 20008642.

We are fully compliant with the Charities Regulator Governance Code. Following the six governance principles ensures organisational fitness and our ongoing prioritisation of best practice and high standards of governance, compliance and accountability.

PRINCIPLE 1 Advancing its charitable purpose:

Mental Health Ireland has a clear charitable purpose defined and governed by its Memorandum and Articles of Association, which underpin our goals, objectives, and the work that we do.

PRINCIPLE 2 Behaving with integrity:

Our team uphold the mission, vision and values of the organisation and carry out their roles with core principles of being traumainformed, recoveryled, volunteer and community focused. Our people are our strongest assets and by working together with shared values, the integrity of the organisation is honoured and upheld.

PRINCIPLE 3 Leading People:

Our board of directors lead the organisation to occupy leadership spaces within the sector, locally, regionally and nationally. This leadership value exists within all team members, whether they lead on projects, assist in campaigns, lead teams or perform administrative tasks, the team are aware of their influence and presence in the sector and the importance of their roles.

PRINCIPLE 4 Exercising Control:

Ensuring good governance requires ongoing attention to internal policies and control measures to mitigate risk and maintain a high standard of compliance.

PRINCIPLE 5 Working Effectively:

Through coproduction, collaboration and strong community and national partnerships, Mental Health Ireland works effectively to achieve the goals of national policies such as *National Framework for Recovery*, *Sharing the Vision*, and *The HSE Mental Health Promotion Plan*.

PRINCIPLE 6 Being Accountable and Transparent:

Mental Health Ireland is committed to maintaining full transparency and accountability at all levels. We comply with the Charity Governance Code and are a Triple Lock accredited organisation. Mental Health Ireland will continue to improve its governance, processes, and systems to ensure a future proofed, ethical and environmentally responsible organisation. Read more in the Directors Report.

Mental Health Ireland Board of Directors

Chairperson

Hugh Kane

Chairperson of Finance Committee

John Gibbons

Directors

John Gibbons

Kathleen Chada

Ciara Gillespie (stepped down May 2025)

Hugh Kane

Eilish Kerrisk (stepped down May 2025)

Ruairi Mulrean

Robert O'Connell

Ann Sheridan

Sushil Teji

Pauline Burke

Aisling Soden (joined May 2025)

Deirdre Coakley (joined May 2025)

JJ Hassett (joined May 2025)

Dr Emma Frawley (joined May 2025)

Sharon O'Connor (joined May 2025)

Statement of Financial Activities

(incorporating an income and expenditure account)

For year ended 31 December 2025

	Designated funds €	Unrestricted funds €	Restricted funds €	Total 2025 €	Total 2024 €
Income					
Donations (Note 4)	-	225,440	-	225,440	160,891
Earned from charitable activities (Note 4)	-	2,055,047	3,837,195	5,892,242	5,537,062
Earned from other activities (Note 4)	-	80,171	-	80,171	70,828
Total income and endowments	-	2,360,658	3,837,195	6,197,853	5,768,781
Cost of Raising Funds					
Fundraising Costs	-	13,532	-	13,532	6,722
Expenditure on charitable activities					
Staff Costs	-	1,797,396	2,968,336	4,765,732	4,454,878
Depreciation of Fixed Assets	-	13,537	-	13,537	20,292
Operational Costs	7,525	547,765	563,672	1,118,962	1,234,371
Total Expenditure	7,525	2,372,230	3,532,008	5,911,763	5,716,263
Transfers	-	-	-	-	-
Net Movements In Funds For The Year	(7,525)	(11,572)	305,187	286,090	52,518
Reconciliation of Funds					
Total Funds Brought Forward	13,627	581,796	2,002,601	2,598,024	2,545,506
Total Funds Carried Forward	6,102	570,224	2,307,788	2,884,114	2,598,024

Statement of Financial Position

For year ended 31 December 2025

	Notes	2025 €	2024 €
Fixed assets			
Tangible assets	10	= -	13,537 13,537
Current Assets			
Debtors	11	235,988	674,011
Cash at bank and in hand	12	<u>2,941,274</u>	<u>2,238,713</u>
		3,177,262	2,912,724
Creditors: amounts falling due within One year	13	<u>(293,148)</u>	<u>(328,237)</u>
Net current assets		<u>2,884,114</u>	<u>2,584,487</u>
Total assets less current liabilities		<u>2,884,114</u>	<u>2,598,024</u>
Reserves and funds			
Designated Reserves	16	6,102	13,627
Accumulated funds – restricted	17	2,307,788	2,002,601
Accumulated funds – general	18	<u>570,224</u>	<u>581,796</u>
		<u>2,884,114</u>	<u>2,598,024</u>

Restricted Funds 2025 Reserves Reconciliation

For year ended 31 December 2025

<i>Project</i>	1 Jan 2025	Income	Expenditure	Transfer Reserves	31 Dec 2025
	€	€	€	€	€
Mindspace Mayo	556,797	602,904	(643,083)	-	516,618
Gateway Project	99,590	292,549	(284,711)	-	107,427
Thrive Action Research	10,186	20,000	(14,508)	-	15,679
Wexford MHA	102	50,472	(48,344)	-	2,230
Healthy Mayo	-	15,000	(7,140)	-	7,860
Nat Forensic- Garden Restoration	71,737	100,000	(34,358)	-	137,379
Int. Exercise Practitioners Wexford	44,512	110,158	(126,378)	-	28,291
Int. Exercise Practitioners Dublin	105,265	20,952	(90,170)	-	36,046
Mental Health Engagement and Recovery (previously ARI)	44,885	-	-	-	44,885
Service Improvement Fund (Previously ARIES)	166,260	198,112	(140,067)	-	224,305
Peer Recovery National Forensic MHS	20,682	79,813	(73,590)	-	26,905
Peer Recovery SE CHO5	86,064	179,982	(162,096)	-	103,950
Nature Based Health Promotion	14,713	47,621	(49,066)	-	13,267
Peer Recovery West CHO2 (ex. MMHS)	122,894	344,903	(222,610)	-	245,187
Peer Recovery CHO6 (Dublin East)	21,701	203,419	(191,613)	-	33,506
Peer Recovery CHO7 (Dub/Kil/Wick)	5,286	-	(768)	-	4,518
Peer Recovery CHO8 (Mid)	46,438	235,969	(218,726)	-	63,681
Family Peer Support CHO2 (Gal/Mayo/Ros)	167,500	154,625	(126,368)	-	195,757
Peer Recovery CHO9 (Dublin North)	19,624	-	-	-	19,624
Recovery Education Facilitators (National)	93,680	897,926	(768,875)	-	222,730
Community Café CHO2	240,592	212,988	(228,660)	-	224,920
Roscommon Svs User Rep CHO2	3,896	23,208	(22,817)	-	4,287
Farmers Partnership EU Project	7,997	12,595	(20,593)	-	-
Cavan Monaghan Connects	20,581	34,000	(32,172)	-	22,410
VISTA Research	31,620	-	(25,294)	-	6,326
Total	<u>2,002,601</u>	<u>3,837,195</u>	<u>(3,532,008)</u>	<u>=</u>	<u>2,307,788</u>



**Mental Health
Ireland**



MENTAL HEALTH IRELAND

Educating, Empowering and Connecting Communities

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